

Contribution of *Harita Samhita* in *Stri rog avum Prasuti tatra*

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Abstract

Prasuti Tantra & Stri rog is a significant branch of *Ayurveda* mainly dealing with child birth /Parturition (*Prasuti Tantra* /Obstetrics) and Gynecological (*Stri rog*) disorders. *Harita Samhita* is one of the classical works on Ayurvedic medicine, which is written in between 6th to 7th century AD. The *Harita Samhita* text is divided into six parts, viz; *Prathamasthana, Dwitiyasthana, Chikitsasthana, Sutrasthana, Kalpasthana, and Sharirasthana*. This book is written in conversation module, and the conversation was between *Maharshi Atreya* and *Acharya Harita*. *Acharya Harita* has proposed his own new concepts in his texts. The students, scholars and physicians have to go through other texts to gain the knowledge and resolve their queries related to *Stri rog* and *Prasuti tantra*. This article aims at reviewing the knowledge about *Kaumarbhritya* and *Stri rog* and *Prasuti tantra* available in *Harita Samhita*.

Keywords: *Acharya Harita, Harita Samhita, Stri rog-Prasuti tantra, Ayurveda, Gynecology, Obstetrics*

1. Introduction:

Kaumarbhritya is one of the branches in *Ashtang Ayurveda* which deals with care of infant, children; their disease and management. *Balchikista* term used in *Kashyap Samhita* for *Kaumarbhritya*. *Balchikista* included measures or process to achieve conception and its maintenance, delivery puerperium and knowledge of gynecological disorders under this heading. The knowledge of gynecological disorders is essential, which has already been mentioned earlier. *Acharya Harita* has mentioned about - classification of age, concept of breastfeeding, treatment of abortions, antenatal care, postnatal care, formulations used in *Stri rog and Prasuti tantra*, sequence of development of fetus, *mudhagarbha, vyandhta artava* etc. The list of contributions of *Acharya Harita* is never ending and an attempt will be made to highlight the contributions and knowledge of *Stri rog and Prasuti tantra* available in *Harita Samhita*. A complete view of the *Samhita* reveals the concept and important contributions of this *Samhita* in field of *Stri rog and Prasuti tantra*. The following is a short review of *Stri rog and Prasuti tantra* in *Harita Samhita*.

2. Fields of *Stri rog and Prasuti tantra*:

Acharya Harita adds some duties to the field of *Stri rog Prasuti tantra* ^[1]

- Proper Antenatal Care (*Garbha Upakrama*)
- Proper Postnatal Care (*Sutika Upakrama*)
- Treatment of *Dushta Stanyaja* disorders
- Treatment of *Grahaja Vyadhis*

3. Classification of Age:

- a) *Uttaama, Adhama, Madhyama and Heena* ^[2]
- b) According to age ^[3]
 - *Baala* - up to 16 years
 - *Yuva* 10-25 years
 - *Madhyama* 25-70 years
 - *Vridhdha* above 70 years
- c) In *Harita Samhita*, the terminologies related to female age is quite different ^[4]
 - 5 years *Baala*
 - Upto 11 years *Mugdha*

4. Concept of *Stanya* or breast milk:

4.1. Production of milk

The essence of digestion (*ahara rasa*) form milk (*stanya*) in breast. Hence *stanya* is termed as the *upadhatu* of *rasa*. In young girls due to less strength of *Dhatu*s and in fertile women due to lack of milk carrying channels by *vayu*, the milk is not formed. ^[5]

4.2. Ejection of milk

Harita explains that due to the force used during bearing down efforts by the parturient women, her strotases get clears, leading to sudden milk ejection. This milk is thick due to dominance of *Kapha* hence should be discarded. ^[6] *Harita* has not described wet nurse but explained properties of milk (*Stanya*) according to the complexion of the mother. ^[7]

- 1) Dark complexion- anabolic (*Vrishya*), specifies *Vata* and beneficial.
- 2) Whitish complexion -specifies *Kapha*
- 3) Reddish complexion - specifies *Vata*
- 4) Yellow complexion -specifies *Pitta*

4.3. Properties of milk

Mrdukshira is pure milk adds *satwa* and beauty, *Agnivardhak*, *Vrushya*, healthy, *Tridoshashamak*, *Strotovishudhikar*. ^[8]

4.4. *Kshir dosha* and disease- five

- a) *Ghan* (thick) - excessive flatulence suppression of feces, urine and flatus, abdominal distention, dyspnea, cough.
- b) *Alpa* (scanty) - may suffer from emaciation, diarrhea, dyspnea, becomes aphonic.
- c) *Ushna* (hot) - fever, emaciation, diarrhea, retardation of growth and development.
- d) *Kshar* (alkaline) - eye disorder, itching, ulcer, mucoid discharge from nose and mouth.
- e) *Amla* (sour/acidic)-not described.

5. *Vyandyatva* (infertility) ^[9]

5.1. Causes

Childhood injury to uterus or prolapse of uterus, loss of *dhatu* and constriction of uterus and vulva due to coitus done before her menarche.

Harita says that infertile women have more amount of *artav* because they cannot secrete milk.

5.2. Types- six

- a) *Kakavayandhya* (only one child i.e. secondary infertility) -curable
- b) *Anapatya* (no child i.e. Primary infertility) - curable
- c) *Garbhastravi* -curable
- d) *Mrutvasta* -curable
- e) *Balakshinta*- curable
- f) *Vyandya* – incurable

5.3. Treatment-

- Yonishodhan
- Kalka or Kwatha of Chandan, Ushir, Manjishha, Ghan, Madhuk, Madhuyashathi + milk + sugar
- Garbhstapan kalpa- Bala + Chandan + Draksh Choorna, Khandakadi Choorn, Punarnavadi Choorna etc explained in Vyandhya rog Adhyay
Contraindication- Suran, articles producing burning sensation and sharp acting things etc.
Indication – Devdali, Suryavalli, Bruhati, Shatavari, Coitus during Rutukal.

6. Raj dosha, features and treatment⁽¹⁰⁾

Table 1: Raj dosh, features and treatments

Types	Features	Treatment
Vataj raj dosha	Dark violet or black colored menstruating blood with piercing pain.	decoction of Nagar, Pippali, Musta, Brhatis Patala mixed with jaggery and curd for 1 week
Pittaj raj dosha	menstrual blood resembling to flower of japa or saffron, dysuria, burning sensation	Padmak+Punarnava+Sariva+Ghan+Jirak) Choorna+milk+sugar
Kaphaj raj dosha	Thick, lubricous menstrual blood ,retention of urine, stiffness, lethargy	Decoction of Triphlala+Argvadha+Vastak mixed with milk

7. Antenatal Care⁽¹¹⁾

Acharya Harita has given enormous emphasis upon Garbhini Paricharya and has documented special dietary as well as behavioral regimen in context to growth and development of fetus.

Table 2: Details of diet pattern

Month	Recommended Diet
1 st	Yastimadhu, parusaka, madhuka with Navaneeta, madhu, sarkara followed by sweeten milk
2 nd	Kakoli-Sarkara-Dugdha (Sweetened milk treated with kakoli)
3 rd	Krushara
4 th	Samskruta Odana (Medicated cooked rice)
5 th	Payasha
6 th	Madhura-Dadhi
7 th	Ghreeta khanda (A sweet dish)
8 th	Ghreeta Puraka
9 th	Vividhaanna (Different varieties of cereals)

7.1. Contraindication (apathy in pregnancy) –

- Pulses, edible producing burning sensation in abdomen, heavy sour substances, hot milk, clay, Suran, garlic, and onion.
- Avoid coitus, exercise, anger, walking etc.

8. Threatened abortion⁽¹²⁾:

Vitiated *Doshas* specially *vata* responsible for abortion.

Table 3: Month-wise treatment in abortion

Month	Treatment
First month	<i>Pestled Madhuk+Mrdwika+Chadan+Rakta Chandan</i>
Second month	<i>Mrnala+Nagkeshar</i>
Third month	<i>Pellets of rat or Nagkeshar+sugar+milk</i>
Fourth month	<i>Pestled Usher+Chandan+Nagkeshar+Dhataki pushpa+ghee+honey+curd</i>
Fifth month	<i>Pestled of Dadim and chandan+curd+honey</i>
Sixth month	<i>Water treated with Gairik black clay ah of cow dung and mixed with Chandan +sugar</i>
Seventh month	<i>Pestled Usher+Gokshur+Ghana+Nagkeshar+Padmak with water and honey</i>
Eighth month	<i>Powdered Lodhra and Magadhika mixed with honey and milk</i>

9. Garbhodrava-8⁽¹³⁾

Acharya Harita mentioned common problems facing by pregnant women during pregnancy

Table 4: Garbhodrava and treatment

Garbhaupadrav	Treatment
Vomiting	<i>Pestle Bhunimbha +sugar</i>
Nausea	<i>Pestle Bhunimbha +honey</i>
Diarrhea	<i>Vastak+Dadim+Patha+Bala+Tender leaves+Sugar+Curd</i>
Anorexia	<i>Massage of powdered Katuka, Kesar over teeth and tongue followed by hot water retention</i>
Dryness of mouth (<i>mukha shosh</i>)	<i>Pill of Vatapraroaha, Magadha, Usher, Ghan, sugar</i>
Edema	<i>Ushna jal sedan and ointment of Chandan Madhuk Ushir Nagapushpa etc.</i>
Abscess and constipation	<i>Cooled decoction of Haritaki Nagkeshar Triphala + jaggery</i>
Retention of urine	<i>Powdered seeds of Ervaru + Trapusa + Magadhi + sugar</i>

Acharya Harita suggests sudation with hot water for edema in pregnancy and avoids *virechana* in pregnant women^[18]

10. Mudha Garbha⁽¹⁴⁾

Cause and etiology

Ahara (diet) & Vihara (mode of life) of the mother. Acharya Harita clearly explained that if certain things are consumed (i.e. diet & regimen) or done during Pregnancy there are chances of a different labor.^[19]

Table 5: Mudha Garbha Chikitsa

Type of Mudhgarbha	Clinical features	Treatment
Vatik	Vastishool, Yonidwaravarodha, Jathargarjan Adhman, Toda, Angabhanga, Nidrabhanga	Snehan with oil, Swedan, Panchakol Yavagu pan
Paittik	Shoola Tridosajajwar, Trisna, Bhrama, Mutrakricchra, Shirowedana	Sheet Jalpan, Mulethi + milk
Kaphaj	Alasya Tandra Nidra Jadata, Adhmaan, Vepathu, Kasa, Mukhavairasya	Triphala + Trikatu + Pippali + Dhatki + Jaggery Kwath
Sannipataj	Mixed	Murva + Majishta + Rodha + Jaggery Kwath

Acharya Harit explained Shastra Karma in case of Mrutagarbha and mudhagarbha.

Normal labor – apply pest of Shatavari+Bhunimba+Pippali+Vava+Vacha at umbilical region.

11. Postnatal Care (sutika paricharya)⁽¹⁵⁾

Acharya Harita has given enormous emphasis upon sutika paricharya.

11.1. Ahara (diet) –

- Langhan on first day.-Jaggery+Haritaki+Shunthi sevan.
- Ushna Kulattha (*Dolichos biflorus*) yush on 2nd day.
- Panchkola (*Piper Longum*, root of *Piper Longum*, *Piper Retrofractum*, *Plumbago Zeylanica*, *Zingiber Officinale*) Yavagu on 3rd day.
- Chaturjataka (*Cinnamomum zeylanicum*, *Elettaria Cardamomum*, leaves of *Cinnamomum Zeylanicum*, *Mesuaferrea*) mixed Yavagu on 4th day.
- Cooked rice of Shali or Shashtika on 5th day.

11.2. Vihara (mode of life) –

Vaginal filling with oil and massage followed by sudation with hot water.

11.3. Aushadhi (medicine) –

- Decoction of available drugs out of *Lodhra* (*Symplocos Racemosa*), *Arjuna* (*Terminalia Arjuna*), *Kadamba* (*Androcephalous Indicus*), *Devadaru* (*Cedrus Deodara*), *Bijaka* (*Pterocarpus Marsupium*) and *Karkandhu* (a variety of *Ziziphus Mauritiana*). Then *Nagara* (*Zingiber Officinale*) and *Haritaki* (*Terminalia chebula*) Churna with jaggery on 2nd day morning.
- Formulation that increases Breast milk-
1) *Marich*+*Pippalimula choorna*+*Milk* 2) *Pippali*+*Shunthi*+*Ghruta*+*Milk*

12. Kalpastana:

- Use of *Vijaya*- type of *Haritaki* (*Terminalia Chebula*) in pregnancy and childhood diseases.^[16]
- Avoid *Rasona* (*Allium Sativum*) formulations in pregnant women and children.^[17]
- Guggule kalpa –*Sukra Artavkar*⁽¹⁸⁾

Acharya Harita mentioned not use of *Langhana karma*^[19] and *Virechana karma*^[20] in children and pregnant women.

13. Sequence of development of fetus⁽²¹⁾

Ayurveda as well as modern parlance has thrown enough light upon the *Garbhavikasa* i.e. sequential development of *Garbha* (embryo/fetus).

Details of *Garbha Vikasa krama* (sequence of development of fetus) has been presented in below table:

Table 6: Development of fetus

Days / month	Development
First day	<i>Budbud (Bubbles like)</i>
Tenth day	<i>Sonita (Resemblance of blood)</i>
Fifteenth day	<i>Ghana (Solidified/compact)</i>
Twenty day	<i>Mamsapinda (fleshy mass)</i>
Twenty fifth day	<i>Panchatwa prabhava (five elemental things)</i>
One month	<i>Panchabhuta</i>
Fifty day	<i>Ankura</i>
Three months	<i>Hasta, pada (Parts and organs)</i>
Three and half month	<i>Sira (Head)</i>
Fourth month	<i>Loma (Lanugo hair)</i>
Fifth month	<i>Sujiva (lively)</i>
Sixth month	<i>Sphurana (quivering)</i>
Eighth month	<i>Jatharagni (Digestive fire)</i>
Ninth month	<i>Chesta (Organ systems able to function/activity)</i>
Tenth month	<i>Prasava kala (Onset of delivery)</i>

Acharya Harita defines that the body is composed of five *Tatwas*, five *Indriyas*, seven *Dhatus*, and ten *Vayus*. The body formed with combination of *Virya* and *Raja* is *trigunatmaka* due to influence of *jiva, mana and akasa*. Acharya Harita has accepted presence of *Retas* in male and female *Sukra* and *Rajas*. Acharya Harita says that females also discharge *Sukra* during coitus. Conception achieved due to copulation. Predominance of this *Retas* is said to form sex of embryos.

The child having similar *Satvik, Rajasik, Tamasik* nature as that dominant in mother .if the couple is happy, the born child would be *Satwik*, if worried then *Rajasik*, if sorrowful then *Tamasik*.

Duration of menstruation i.e. *rajstrav* 7days. Intermenstrual period -1month

Acharya Harita explained concept of *Yamal Garbha, Netra Varna, Garbha prakruti*, functions of *Panchamhabhuta* during *Garbha uttpati*.⁽²²⁾

14. Conclusion

After thorough review of *Harita Samhita*, it was found that the considered text has mentioned all the important concept/aspects of *Stri rog and Prasuti tantra* like classification of age, concept of breastfeeding, treatment of abortions, antenatal care, postnatal care, common diseases in pregnancy, formulations used in *sutika*, pregnancy, sequence of development of fetus etc. which are enough for the basic knowledge of the subject and to satisfy the students, scholars and physicians.

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